

What is claimed is:

1. A method of monitoring at least one computer network from a remote location, comprising:
  - benchmark-testing the at least one computer network with test data to obtain benchmark test results;
  - operational-testing the at least one computer network with sample data provided from the remote location to obtain operational test result, wherein the operational-testing is performed while the at least one computer network is carrying live data storage traffic; and
  - comparing the operational test results to the benchmark test results to determine network degradation.
2. The method of claim 1 wherein the benchmark-testing is performed when the at least one computer network is initialized.
3. The method of claim 2 wherein the benchmark-testing includes emulating a production environment.
4. The method of claim 3 wherein emulating the production environment includes generating variations in bandwidth.
5. The method claim 1 wherein the benchmark testing is performed continuously for twenty-four to forty-eight hours.
6. The method of claim 5 wherein the benchmark-testing is a looping test.
7. The method of claim 1 wherein the benchmark-testing includes a computer connected to the at least one computer network in addition to the remote site, wherein the computer pushes and pulls test data.
8. The method of claim 1 wherein the benchmark-testing is performed while the at least one computer network is not carrying live data storage traffic.

9. The method of claim 1 wherein the operational-testing is performed at regular intervals.
10. The method of claim 9 wherein the operational-testing is performed once every hour.
11. The method of claim 1 wherein the remote location is operably coupled to the at least one computer network via the Internet.
12. A method of monitoring a computer network from a remote location, the computer network having a bandwidth, and the computer network having a network beginning at a first storage area network and a network end at a second storage area network, the method comprising:
  - generating a test data from the remote location;
  - attaching the test data to storage data to create traffic data, wherein the traffic data has a size substantially the same as the bandwidth; and
  - passing the traffic data from the network beginning to the network end and back to the network beginning.